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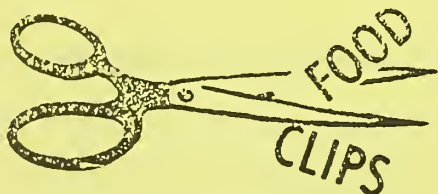
Food and Home Notes

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Calorie watching? Don't count pork out. A 3-ounce serving of roast fresh Boston butt with the fat trimmed off contains approximately 205 calories; a 3 ounce serving of cured ham, fat trimmed off, contains about 160 calories.

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Pork is high in nutritive value -- an especially rich source of thiamine (vitamin B₁) and other B vitamins and iron.

* * *

Canadian bacon is cut from boneless pork loin, cured and smoked. It is usually quite lean.

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Not much meat -- pigs' feet are mostly bones and tendons and are sold either pickled or fresh.

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Fresh pork sausage and uncooked smoked sausage must be cooked before they are eaten, according to U.S. Department of Agriculture home economists.

NORTHEASTERN STATES

--- DECLINING IN AGRICULTURE

Could agriculture fade away in the next 50 years? Almost -- if the farm count in the Northeastern section of the United States is any clue to the future. But -- that really isn't going to happen because consumers in those 11 Northeastern states depend on nearby farmers for their dairy foods, poultry, fruits and vegetables.

However -- the fact remains that the 1974 census of Agriculture reported a 10% decline from the five year previous data. Corporations with farming operations rose from 1,989 in 1969 to 3,104 in 1974. Partnerships fell by nearly a third..... probably because some of them went the corporate route. The main cause of the decline was that the Northeasterners have developed their industries almost as a more attractive alternative to farming. And -- competition from new agricultural regions of the country have grown more intense with richer resources for agriculture and -- the Northeastern states lost ground....literally.

CURRENT RESEARCH --- ON PACKAGING

The packaging business -- containers, and the like -- is big business in the United States. And its impact on consumers is important -- strong, yet practical cost-wise packaging materials are essential to consumers to bring their products home from the marketplace. It's a 40 billion dollar business that uses over half of the 60 million tons of paper and paperboard produced annually in the United States.

A two-part packaging research program has been started by the Forest Service Products Laboratory of USDA. The first part will concentrate on the engineering design of corrugated containers to provide better performance and greater efficiency in use. The second part will be to determine the potential of additional sources of fiber for packaging purposes. Other sources would include hardwoods, recycled fiber, whole-tree pulps, and high-yield pulps that could be utilized for packaging purposes.

Object of this survey will be to find a safer and more efficient way to transfer products from point of origin to the consumer.

DID YOU KNOW ??????

--The United States remained the world leader in the production of both poultry, meat and eggs during 1976.

--In 1977, the production of poultry, meat and eggs is expected to be even higher, according to the Economic Research Service of USDA.

--U.S. milk production continues to soar. In January we produced the highest output since 1965. Why? Higher output per cow is one reason...even though we have fewer cows.

--Orange production still is seen as "record high" in spite of the big freeze, according to USDA's Statistical Reporting Service.

COST OF FOOD AT HOME FOR A WEEK (JANUARY 1977)

	Thrifty plan	Low-cost plan	Moderate- cost plan	Liberal plan
FAMILIES				
Young couple.....	\$22.40	\$29.60	\$37.10	\$44.60
Elderly couple.....	20.10	26.30	32.60	38.90
Family of 4 with preschool children.....	31.80	41.50	51.70	62.20
Family of 4 with elementary school children.....	38.30	50.00	62.80	75.40
INDIVIDUALS*				
Women				
20-54 years.....	9.20	12.10	15.00	18.00
55 years and over.....	8.30	10.90	13.40	15.90
Men				
20-54 years.....	11.20	14.80	18.70	22.50
55 years and over.....	10.00	13.00	16.20	19.50
Children				
1-2 years.....	5.20	6.70	8.20	9.80
3-5 years.....	6.20	7.90	9.80	11.90
6-8 years.....	7.90	10.30	12.90	15.50
9-11 years.....	10.00	12.80	16.20	19.40
Girls 12-19 years.....	9.50	12.30	15.20	18.20
Boys 12-14 years.....	10.60	13.70	17.10	20.60
15-19 years.....	11.70	15.10	18.90	22.80

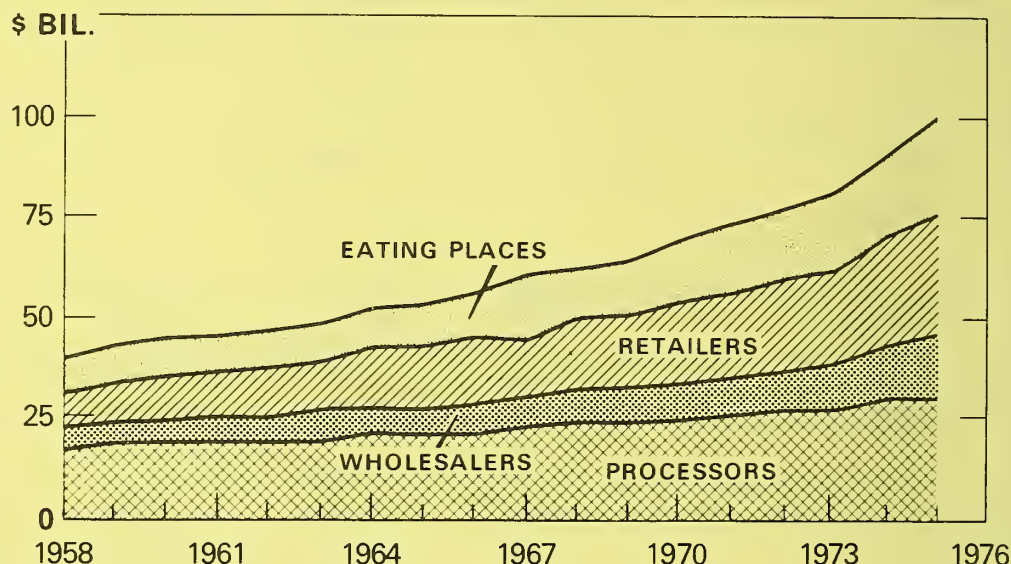
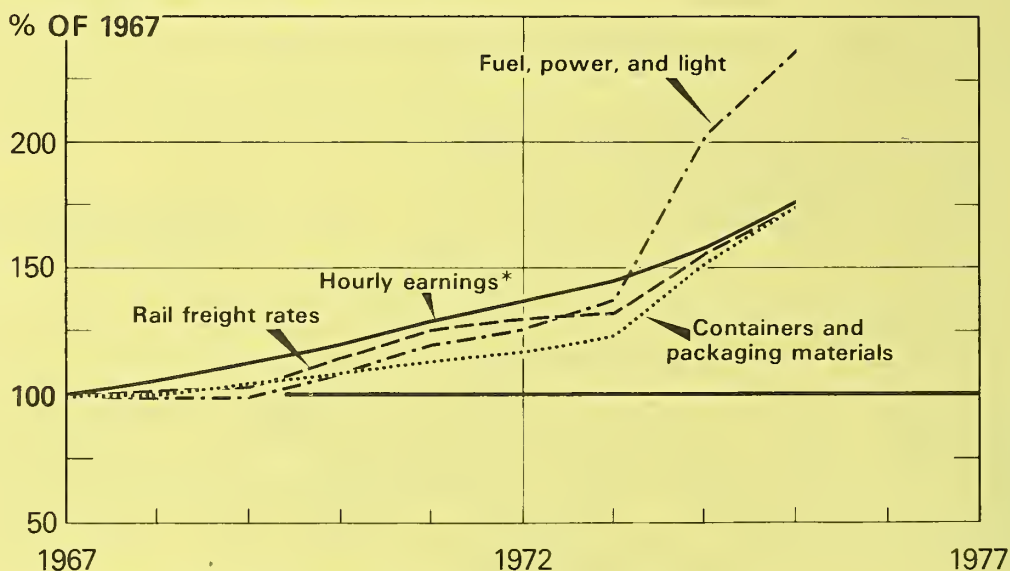
* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: The publication "Family Food Budgeting for Good Meals and Good Nutrition," Home and Garden Bulletin No. 94, describes USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based. Single copies are available from the Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Request publication by name and number and include your ZIP code.

AGRICULTURAL CHARTS

AGENCY COMPONENTS
OF THE MARKETING BILLPRICES OF INPUTS USED BY
FOOD MARKETING FIRMS

* PRODUCTION WORKERS IN FOOD PROCESSING AND NONSUPERVISORY WORKERS IN FOOD
WHOLESALE AND RETAILING.

Prepared by the Economic Research Service of the U.S. Department of Agriculture. Slides/Prints of these charts are available to the PRESS for reproduction if requested to the Editor of Food and Home Notes.

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